

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  			1 CLOSED NEW YEAR'S DAY 	2 Baked Chicken BreastCacciatore SauceGarden Rotini Club Spinach Breadstick Hot Spiced Fruit
5 Baked Chicken Breast Honey Citrus Pepper Sauce Confetti Rice Braised Red Cabbage Tropical Fruit	6 Birthday Meal Pork Roast Delmonico Potatoes Stewed Tomatoes Applesauce Frosted Birthday Cupcake Chocolate Milk	7 BBQ Chicken Boneless Thigh Roasted Red Potatoes Herbed Green Peas Rosy Pears	8 Swedish Meatballs Whole Grain Elbow Mac Green Beans Apple Crisp	9 Chicken Fajita Spanish Rice Fiesta Mixed Vegetables Seasonal Fruit
12 Turkey Tetrazzini Broccoli Cuts and Florets Tropical Fruit Coca Cola Gelatin	13 Stuffed Salmon Corn Salad Club Spinach Scalloped Apples	14 Meatballs with Spaghetti Sauce Herbed Green Peas Breadstick Seasonal Fruit Rocky Road Pudding	15 Beef Pot Roast Parslied Rice Diced Carrots Dinner Roll Citrus Fruit Cup	16 <i>MLK Birthday</i> <i>Holiday Meal</i> Smoked Sausage Red Beans and Rice Whole Kernel Corn Cornbread Peach Cobbler
19 CLOSED MARTIN LUTHER KING DAY 	20 Hamburgers Sweet Potato Tropical Fruit	21 Lemon Pepper Chicken Roasted Potato Medley Broccoli Cuts and Florets Pineapple Tidbits Strawberry Shortcake Cookie	22 Battered Pubhouse Tilapia Macaroni and Cheese Herbed Green Peas Spicy Pear Gelatin	23 Baked Chicken BreastCreamy Paprika Sauce Harvard Beets Seasonal Fruit Heavenly Pudding
26 Harvest Pork Stew Brown Rice Whole Kernel Corn Cherry Vanilla Pudding	27 Baked Chicken BreastAlfredo Sauce Fettuccine Italian Mixed Vegetables Mandarin Oranges	28 Meatloaf Whipped Potatoes Stewed Tomatoes Tropical Fruit	29 Beef Lasagna Bake Brussels Sprouts w/Cheese Sauce Fruit Compote Breadstick	30 Crispy Baked ChickenMacaroni and Cheese Broccoli Cuts and FloretsDiced Pears

Spend the day with us

And make yourself at home

January 2015



Harman Senior Recreation Center

4090 South 3600 West - West Valley City

801-965-5822



www.wvc-ut.gov/harmanblog.com

*For lunch and/or ride reservations
call one day in advance before 12:00 p.m.
Suggested lunch donations for Seniors \$2.50
Upon request reasonable accommodations can
be made for those with disabilities.*

